

A Reading from the Book of Psalms

To you O Lord, I lift my soul.

Remember that your compassion, O Lord,
and your kindness are from of old.

In your kindness remember me,
because of your goodness, O Lord.

Relieve the troubles of my heart;
and bring me out of my distress.

Put an end to my affliction and suffering;
and take away all my sins.

Preserve my life and rescue me;
let me not be put to shame, for I take refuge in you.

Let integrity and uprightness preserve me,
because I will wait for you, O Lord.

The Word of the Lord